

## ABSTRACT OF THE DISCLOSURE

There is provided an oil or fat composition composed chiefly of triglycerides wherein the rate of middle-chain fatty acids in all the fatty acids composing the oil or fat composition is 5 to 23 % by mass and the rate of triglycerides having two middle-chain fatty acid residues in the molecule in all the triglycerides is 1 to 20 % by mass.

The oil or fat composition is low in body fat accumulation, has equal cooking properties with conventional edible oils and has good flavor and high safety.

15

20

25

30